

# Certificate of Attendance

Awarded to:

Nar Nagar

**Therapeutic Intervention and Personal Safety Training  
Provided by:**

**PHYXIUS**

**The class content includes information on the reasons behind behavior problems, strategies to avoid confrontations, and personal safety techniques to protect the safety of self and others.**

Class Hours = 3.75

**Instructors: Amber Jacobson BS, DM, MHP, WBA  
Laura Dyre DM, MHP, WBS  
Nick Tran, MHA, BS, DC  
Brandon Jensen, Utility Program Leader  
Logan Nuesse, Program Leader**

  
Instructor Signature

10/13/2021  
Date

Staff Name: Nur Nagar Date: 10/13/2021 Program/Home: Gamma

**Therapeutic Intervention and Personal Safety Training  
Phyxius Inc.**

**Personal Safety Techniques**

Techniques	Date Reviewed/Taught	Trainer Initials / Comments
Personal Awareness	10/13/21	LN
Therapeutic Distance		
Basic Stance		
Glides and Pivots		
<b>Blocks</b>		
Inside Block		
Outside Block		
2 Handed Overhead		
<b>Wrist Release</b>		
1 Handed		
6 to 12 Release		
<b>Chest Grasp</b>		
Outside Block		
Down Block		
<b>Release from Bites</b>		
Anchor into mouth		
<b>Release from Hair Pull</b>		
Two Handed Outside		
Rear		
<b>Escorts</b>		
Simple		
Wrist Grab		
Cross Arm		
2 Person Come A-Long		
<b>Containment/Takedowns</b>		
Arm Bar		
Side Lying Position		

**Always caution force required depending upon client  
Therapeutic Intervention and Personal Safety Training  
Providing Safety for Self and Others**

Within 60 days of hire the program must provide instruction on the following topics: All of these topics are covered within the verbal portion of Therapeutic Intervention class.

- a. Alternatives to manual restraint procedures, including techniques to identify events and environmental factors that may escalate conduct that poses an imminent risk of physical harm to self or others;
- b. De-escalation methods, positive support strategies, and how to avoid power struggles;
- c. Simulated experiences of administering and receiving manual restraint procedures allowed by the program on an emergency basis;
- d. How to properly identify thresholds for implementing and ceasing restrictive procedures;
- e. How to recognize, monitor, and respond to the person's physical signs of distress including positional asphyxia;
- f. The physiological and psychological impact on the person and the staff when restrictive procedures are used;
- g. The communicative intent of behaviors; and
- h. Relationship building

Date Trained: 10/13/2021  
Staff Training Nar Nagar